**Inspiring Families**

Inspiring families is a 10-week course where the abusive and non-abusive parent can work on themselves and together to provide a safer and happier environment where their child can be free from living with domestic abuse.

* It offers the opportunity for families to break the cycle of abuse and improving outcomes for children and keeping families together.
* It offers families who want to stay together a different option.
* It gives parents the information to support them making their own decisions.
* It gives parents a time to reflect on the impact of their behaviour on their relationships and children.

The course is a parallel program where both the abusive and non-abusive parent will attend a course separately within the same week covering topics such as

* What is abuse?
* The impact of abuse on the family
* The effects of abuse on children and parenting skills

Alongside this course the children 5years and above will be offered 1-1 support sessions within school which will give them opportunity to look at things such as.

* Understanding feelings
* Safety planning
* What could make things better.

At the end of the course the practitioners will put an assessment together gathering information over the 10-week course with recommendations on how the family can move forward. Most importantly capturing the parents/ child’s voice with their hopes and wishes.

**Eligibility for course**

To refer a family for this course they must.

* Be in an intimate relationship with one another.
* Both have parenting responsibilities with the child/children.
* Both want to work together to have a happier/ safer relationship with each other and the child/children.
* Both parents must be able to complete the 10-week course.
* Children who are in the family and 0-4 years old – the referrer will be expected to complete the child’s voice part of the programme as Children will only be able to access 1-1 support with our children’s workers if they are 5years plus.

**Expectations from the referrer.**

* You will continue to work with the family during the 10-week course.
* You will obtain the voice of the child if they are between the age of 0-4years.
* You will respond in a timely manner to the facilitators especially when they have identified an increase of risk.
* You understand that both parents will be spoken to separately to ensure they are right for the course and may be refused if not appropriate.